

# DAVID CROCKETT 10K RUN

**Saturday, November 11, 2006**

**Part of 28<sup>th</sup> Annual Tennessee State Park Running Tour**

**DAVID CROCKETT STATE PARK, Lawrenceburg TN. Park info 931-762-9408.**

**Directions:** From Nashville take I-65 South to the Pulaski exit. Park location is on Highway 64 at the West edge of Lawrenceburg. Enter the main park road and go 3 miles to the Inn.

**Start and Finish:** at the Park Restaurant. The 10K race starts at 11:00 AM central time.

**Course:** starts on the main road, then enters a paved trail for 1 mile, then loops the restaurant area. Out and back on the main road for the last 4 miles. Every mile is marked with a traffic cone.

**Long Sleeve T-shirt:** guaranteed to all pre-registered runners.

**Awards:** Five-year age groups with 3 awards in each category from under 20 to 65+. Special awards to overall male and female winners.

**Pre-registration Deadline:** November 4, 2006. Race day registration from 9:30 to 10:45 a.m.

**Race Director:** Tomas de Paulis, Frostbite Running Club (889-1306).

**Entry Fee:** \$ 15.00 payable to Crockett 10K  
or \$ 5.00 without shirt  
(Late fee without T-shirt \$ 10.00)

Mail registration to: **Crockett Run**  
**205 Woodland Court**  
**Hermitage, TN 37076**

-----  
**Registration DC**      Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Age (on race day) \_\_\_\_\_ Gender \_\_\_\_\_ T-shirt Size (circle)   S   M   L   XL   No Shirt

*Entry fees are non-refundable. Awards and shirts will not be mailed.*

**Waiver of Liability.** In consideration for accepting my entry, I, for myself, my heirs, executors and administrators, waive and release forever any and all rights and claims for damages I may have against the Tennessee Department of Environment and Conservation and the Frostbite Running Club or RRCA. I also release the above named for all claims of damages, demands, and actions in any manner due to any personal injuries, property damage, or death sustained as a result of my traveling to and from and my participation in said race. I attest and verify that I am physically fit and have sufficiently trained for the competition in the 2006 David Crockett Run. I hereby grant the Tennessee Department of Environment and Conservation and all sponsors permission to use my name, photograph and likeness in any broadcast, telecast, or media account. In filling out this form, I acknowledge I have read and understand my ability.

Signature \_\_\_\_\_ Date \_\_\_\_\_

(Parent signature for runners under the age of 18)